

# York County Area Agency on Aging

## *Living Well With Diabetes – Your Life, Your Way*



### Self-Management Workshops:

- Healthy eating
- Exercise
- Stress management
- Communication
- Manage blood glucose levels
- Action planning
- Problem solving
- Prevent complications
- Skin & foot care
- Reduce & manage weight
- Goal setting

### Who is Eligible?

- 60+ living with type 2 diabetes
- 18+ living with a disability and type 2 diabetes

Family members and caregivers are welcome!

**Where:** Golden Connections Community Center, 20-C Gotham Place, Red Lion

**When:** Tuesdays, January 3 — February 7, 2017  
(Six Sessions)

**Time:** 10:30 AM—1:00 PM

### **Call to Register:**

Golden Connections Community Center  
@ 717-244-7229

\*No charge for the program!



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